

5 A Day Lending Library

A resource to enhance your fruit and vegetable programming

Plan Ahead

Be sure to have *what* you need *when* you need it. Reserve materials as far in advance as possible.

Materials can now be delivered to your local NH public library.

800-852-3345, Ext. 0562 or 7060

603-271-0562 or 603-271-7060

cfirman@dhhs.state.nh.us

jmverdon@dhhs.state.nh.us



For the complete audiovisual and print collection lists, go to <http://www.dhhs.nh.gov/DHHS/DPHS/lending-library.htm>

Print Collection

* = New or Revised Item

Arizona 5 A Day for Better Health Fruit and Vegetable Activity Book for Child Care Programs Activities, recipes, teacher fact sheets, student activity sheets. LEVEL: Pre-K to elementary.

Celebrate! Healthy Entertaining for Any Occasion Plan healthy themed events – recipes included. LEVEL: Adult.

* **The Color Code: A Revolutionary Eating Plan for Optimum Health** Learn how eating a colorful variety of fruits and vegetables every day can help prevent common age-related illness. Includes meal plans and 75 recipes. LEVEL: High school to adult.

* **Dr. Richter's Fresh Produce Guide** Learn about 300+ produce varieties. Includes photos, nutrition, selection, preparation, handling and cooking tips. 84 pages. Spiral bound. LEVEL: High school to adult.

Eat the Alphabet A colorful A to Z tour of produce with glossary and pronunciation guide. 40 pages. Paperback. LEVEL: Pre-K to grade 2.

* **5 A Day Quantity Recipe Cookbook** Forty recipes (for 25, 50 or 100 servings) for use at schools, worksites etc. LEVEL: Adult.

* **5 A Day Works!** 5 A Day success stories. LEVEL: Professional.

* **Got Dirt?: A 5 A Day Garden Toolkit for Implementing Community Childcare and School Gardens** With how-to details, success stories, and resources. Spiralbound. LEVEL: Professional.

Growing Vegetable Soup A father and child share the joys of growing vegetables and cooking a delicious vegetable soup. Includes recipe. 30 pages. Paperback. LEVEL: Ages 4-8.

The Health Benefits of Fruits and Vegetables: A Scientific Overview for Health Professionals 1999-2001 literature review. LEVEL: Professional.

* **A Healthier You: Based on the Dietary Guidelines for Americans** Includes 100+ pages of recipes. LEVEL: Adult.

Kids . . . Get Cookin'! (English and Spanish)

Try the 20+ kid-friendly fruit and vegetable recipes. LEVEL: Middle school.

Meeting Well: A Tool for Planning Health Meetings and Events Learn why and how to plan healthy meetings or themed events – including the “Menu Maker” tool. LEVEL: Adult.

Monograph: 5 A Day for Better Health Program Profiles media use, social marketing, community interventions, coalition building and program support. LEVEL: Professional.

* **State of the Plate 2005** An in-depth analysis of produce intake and consumer motivations. LEVEL: Professional

Teach 'em 5 A Day: 5 A Day Tool Kit Activity driven curriculum with worksheets, definitions and “Instant Expert section. LEVEL: Grades K-2.

Trends in the United States: Consumer Attitudes & the Supermarket, 2002 Includes consumer outlook, consumer view of the supermarket, shopping habits, meal solutions, nutrition, and food safety. 100 pages. Paperback. LEVEL: Professional.

Vegetable Magic Stories, gardening, games and more. LEVEL: Pre-K and K.

* **Volumetrics Weight Control Plan: Feel Full on Fewer Calories** by Barbara Rolls, Ph.D. and Robert A. Barnett Points the way to a sensible strategy of controlling calories by eating filling, low-energy-dense foods, like fruits and vegetables. Features dozens of recipes and menu suggestions. 336 pages. Paperback. LEVEL: High school to adult.

* **The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories** by Barbara Rolls, Ph.D. Everyone can enjoy tasty and satisfying meals that will help maintain their weight or lose those extra pounds, while learning the pleasures of cooking the Volumetrics way. 336 pages. LEVEL: High school to adult.

Watch the Colors Grow Vibrant photography captures attention as little ones listen to story about the colors of produce. 10 pages with flip-up windows. Paperback. LEVEL: Toddlers.

Audiovisual Collection begins on page 2

Audiovisual Collection

★ = New or Revised Item

★ **Add Color to Your Palette: School Foodservice Guide Series** LEVEL: Foodservice professionals.

- **Successful Implementation Models for Increased Fruit and Vegetable Consumption** Foodservice, promotion, and education models. 60 pg, spiral bound.
- **CD with checklists; production sheets; taste test evaluation form; sample salad bar set ups; parent letter, sample menu.**
- **Promotions, Activities and Resources to Increase Fruit and Vegetable Consumption** Themed promotions, creative ideas, websites and resources, holiday tie-ins. 10 pages, spiral bound.

★ **Color Way Creative Pockets Kit – plus Nutrition, Fitness and Play Teaching Cards** Nutrition and fitness lessons come alive with an apron, 14 teaching cards (7 nutrition lesson plans plus 7 “Nutrition, Fitness and Play” cards with 5 additional lessons), 116 English/Spanish produce flashcards and 8 reproducible masters. A DVD for educators is also available. LEVEL: Pre-K to grade 2.

★ **Color Way Game** Learn the benefits of eating a rainbow of colors; 2-5 players. LEVEL: All.

5 A Day Adventures Interactive CD, version 2000 (MAC/PC) Educational modules, games, songs. LEVEL: Ages 5-10.

5 A Day Bingo Clue cards with fruit and vegetable trivia. LEVEL: All.

5 A Day Bingo (English/Spanish) Group game from the California 5 Day Program. Bingo cards for 16 players. LEVEL: All.

★ **5 A Day and Physical Activity Toolbox for Community Educators** California Latino 5 A Day Program materials with nutrition and physical activity lessons include a 20-minute Spanish novella video, *Living the 5 A Day Way* CD (English/Spanish songs), deck of 5 A Day English/Spanish cards, handouts, resources, posters, quiz, evaluation tools, and 14 lessons (7 nutrition, 1 advocacy 6 physical activity). LEVEL: Educators.

★ **5 A Day Display** Borrow this display for your next health fair! Center panel 22" x 34", side panels 11" x 34". Comes in carrying case. LEVEL: All.

5 A Day, Let's Eat and Play: A Nutrition Education Program for Preschool Children A program for preschoolers to learn about fruits and veggies. 10 lesson plans ;1 story book, *Freddy 5-A-Day's Treasure Hunt!*;1 fruit/veggie spinner board; masters for fruit necklace, placemat, and 2 chef's hat. LEVEL: Preschool.

5 A Day Live! Musical Performance Kit and Cassette Based on an evening news broadcast, contains scripts, choreography, costume and scenery ideas, lyrics, sheet music, audiocassette . LEVEL: Grades K-6.

5 A Day Rap & Jammin' 5 A Day Songs Ten songs on two audiocassettes with printed lyrics. LEVEL: Kids of all ages.

Fresh from the Family Farm This video follows 7-year-old Nick as he visits a family farm and solves the mystery of growing fruits and vegetables. 30 minutes. LEVEL: Elementary to Junior High.

Fruit and Vegetable Fanfare Interactive flip-panel book and 15 cards for games – solitaire or groups. LEVEL: All.

Fruits and Vegetables: Lily Bets on Five A Day Learn about buying produce in season and easy ways to prepare fruit that is over- or under-ripe. LEVEL: Junior high to adult.

★ **Fruit and Veggie Race Board Game** Children learn about eating a rainbow of fruits and vegetables as they acquire and lose game cards, and win by finishing with the most game cards in hand. Includes 3 levels of age-appropriate play. For 2 to 5 players. LEVEL: 3 years and older.

★ **Fruit and Veggie Recall** In this classic memory game, players match the words and photos. Includes 40 English/Spanish cards and instructions with 5 A Day the Color Way info. LEVEL: Pre-K to Adult.

Getting a Head Start with 5 A Day Fun Kit! VHS video and ready-to-copy materials for Head Start families and staff. LEVEL: Professionals working for Head Start or preschools.

★ **Groovin' Foods Music CD** Six entertaining songs about healthy eating with lyrics that suggest dance moves. Rock 'n' Roll, Latin, Reggae, and Pop tunes including “The Fruit Freeze” and “Veggie Meringue.” LEVEL: Kids of all ages.

★ **Smart Fruit and Veggie Songs Music CD** Ten songs promote healthy eating and having fun with fruits and vegetables. Upbeat rhythms and a mouthful of catchy lyrics encourage movement. Instrumental versions are provided for more interaction, background music and personal creativity. Lyrics at <http://www.abridgeclub.com> LEVEL: Kids of all ages.

★ **Supersize Me! (educationally enhanced edition)** DVD, Teacher's edition, PG. Filmmaker Morgan Spurlock interviewed Surgeon Generals, gym teachers, cooks, kids, lawmakers and legislators about our ever-expanding girth. Spurlock put his own body on the line, living on nothing but McDonald's for an entire month. It all adds up to a fat food bill, harrowing visits to the doctor, and compelling viewing. Includes games, activities and reproducibles. LEVEL: Grades 6-12.

Veggie Power! Music CD Eleven fun-filled songs with upbeat music and funny lyrics catch children's attention while delivering the 5 A Day message. Includes *Veggie Power*, *Karate Carrot*, *Phyto Fighters*, and *Get in the Habit Now*. LEVEL: Pre-K to middle school.

Yummy Fruit and Vegetable Games Multiple lessons and games including Bingo. LEVEL: All.

